

paint

run

bike

hike

read

sing

**WALK**

drum

skip

weave

dance

carve

As parents, caregivers and elders, you can help our Native American children and communities become more active and healthy. Encourage our children to try new things.

**VERB**  
Native Style.™



U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

[www.VERBparents.com](http://www.VERBparents.com)